

# 222nd BSB — Baumholder, Neubrücke, Strassburg

## Volunteers needed

Are you looking for a way to get involved in the community or earn promotion points? The Baumholder Holiday Bazaar, scheduled from Nov. 16-18, is in need of volunteers to be vendor assistants, greeters and hospitality/raffle assistants. There will be special volunteer raffles held throughout the event giving volunteers the opportunity to win prizes provided by the vendors.

Also needed are basketball coaches for youth of all ages. The sports program offers free training and certification, as well as discounts on registrations for parents with children in the program. Persons interested in volunteering their time and talents may call the installation volunteer coordinator, Tracy Grice, at mil 485-8188/6565 or civ (06703) 8188/6565.

## Haunted re-enlistment

Re-enlisting in the Army can be a scary undertaking for many. But Staff Sgt. Christopher W. Hale from the 47th Forward Support Battalion decided to venture straight into the jaws of fear and re-enlist on Halloween night at the haunted house sponsored by the 47th FSG. Hale is the Charlie Company motor sergeant, and his wife, Angel, is the company Family Readiness Group leader and chairman of the haunted house. The 47th FSB has led the way in re-enlistment, and it's off to a great start this fiscal year, said Lt. Col. Heather Ierardi, 47th FSB commander. During fiscal year 2000 the 47th FSB led the re-enlistment race for the 1st Armored Division and the Army. This year the unit's momentum has dropped slightly into third place in U.S. Army Europe, but still they remain the battalion in Baumholder with the best re-enlistment record for the last fiscal year.

## Open season

This year's Health Benefits Open Season is now under way and runs through Dec. 10. Open Season allows all eligible federal employees the opportunity to modify their current health insurance plan or select a new one. Open Season occurs twice each year and will not occur again until July 2002. Open season does not affect new employees, who still have 60 days from their start date to enroll in a health insurance plan. For more information or to change coverage, visit the Federal Employees Health Benefits Program home page at <http://www.opm.gov/insure/health/index.htm>. Federal enrollees can review the Open Season guide and health plan brochures on the website.

## Golf course stays open

Rolling Hills Golf Course is breaking new ground by remaining open during the winter months. Management officials said believes that with the new irrigation system and greens-keeping crew, summer greens can be played all year round. Officials anticipate attracting golfers from other areas wishing to maintain a sharp golf game.

## Every minute counts

In the wake of the Books for Babies Program, which was initiated in June between the Baumholder Clinic and Wetzel Elementary School, the "Every Minute Counts" program was initiated Oct. 25. For this program, the teachers' association, the Baumholder Area

## Post notes



by Ignacio "Iggy" Rubalcava

## Fewer spooks this Halloween

Trick-or-treaters Christian Thole (left) and Daniel Rubalcava make the dash through Wetzel Housing collecting their Halloween goodies. Security concerns forced an early start for the traditional gathering of goodies that also limited the number of children on the street since many German children were not allowed to enter the housing areas.

Education Association, and Sister Therese (the daughter of a teacher at Wetzel Elementary School) donated books for the pediatric waiting rooms at the clinic. This program encourages parents to read to children. Members of the teachers' association were present for the initiation of the program. They assisted in introducing children to the books, and it wasn't long before the children had the books with their mothers and were enjoying listening to stories, according to clinic officials.

## Volunteer opportunities

The Baumholder Station of the American Red Cross is looking for volunteers to assist with fund-raising endeavors, volunteer management and casework as well as people interested in becoming volunteer community

instructors. Volunteer orientations will be held Nov. 20 at 9 a.m. at the Red Cross classroom in Building 8125, above the Wagon Wheel Theater.

## Afghan sale

Baumholder Afghans are on sale now at the Red Cross office. Buy now for the holiday season because the supply is limited.

## Winter basket

The Red Cross holiday basket will be raffled off Nov. 21. Persons interested in participating in the raffle may make a donation at the Red Cross office or in front of the Post Exchange the weekend of Nov. 17.

## ACAP services

Army Career and Alumni Program hours are 7:30 a.m. to 4:30 p.m. ACAP stays open during lunch to assist clients. Soldiers sched-

uled to ETS can get information about their options at ACAP which offers pre-separation briefings, job assistance workshops and job assistance counseling that can help soldiers review their options and assess how the skills developed in the Army can be transferred into civilian life. Soldiers can make appointments for ACAP services at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## Pre-separation briefing

Soldiers are required to complete a mandatory pre-separation briefing at ACAP no later than 90 days before their separation date. Appointments are available every day at 9 a.m. and require approximately an hour and a half.

## Job assistance

ACAP offers job assistance workshops and counseling to help with the transition from the military to the civilian job market. Workshops are offered by formal instruction every other Wednesday. The next formal workshop is Nov. 21 starting at 8:30 a.m. and ending at 4:30 p.m.

Job assistance can also be accessed through ACAP's new computer system and covers such topics as how to create a resume, find jobs, network and interview. Clients can cover topics by computer at their own pace.

Call to schedule an appointment, or drop by any afternoon to work with ACAP's computer-based job assistance tools. For more information contact ACAP at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## Spouses can use ACAP

Any family member of a soldier scheduled to ETS is eligible to receive services from the Army Career and Alumni Program. Orders are not needed and the sponsor does not have to be present for the spouse to attend ACAP classes or to receive assistance from ACAP counselors. Even if a soldier is deployed, spouses can still receive ACAP assistance in Baumholder.

ACAP offers job assistance workshops and professional counselors to help advise during the career transition process. Counselors will help clients think through issues such as a civilian budget, searching the job market, writing a resume and preparing for job interviews. Take advantage of ACAP services now to begin planning for the future.

Call to schedule an appointment at mil 485-6741/6330 or civ (06783) 6-6741/6330.

## See your VA rep

Soldiers contemplating retirement and retired veterans living in the community should attend a Veterans Affairs briefing. Due to overseas scheduling the next VA briefing is tentatively scheduled for January 2002. Contact the VA office in the United States at (800) 827-1000 for further information. This is not a toll free call from Germany. The VA can also be reached at their website at [www.va.gov](http://www.va.gov).

## Interfaith service

The Baumholder community will gather for an interfaith Thanksgiving prayer service followed by fellowship at noon Nov. 21 in the downstairs assembly room of Chapel One. Everyone is welcome.

# Code talkers help win World War II

In November America observes Native American Heritage Month. President George Bush declared the first American Indian Heritage Month on Aug. 3, 1990. This observance evolved from a Native American Awareness Week that began in 1976. The purpose of the Native American Indian Heritage Month is to honor and recognize Native American Indians for their contributions to the building of the United States of America.

One significant contribution helped the United States win World War II. Since the Japanese were experts at breaking communication codes, the U.S. Marines decided to

use Navajo code talkers to transmit telephone and radio messages. The Navajo code talkers participated in all assaults by the U. S. Marines in the Pacific from 1942 to 1945.

Philip Johnston introduced the idea to use Navajos as code talkers. Johnston was raised on a Navajo reservation and knew that the U.S. military was searching for a communications code that would withstand the Japanese deciphering attempts. He was aware that a Native American language (Choctaw) had been used in World War I to encode messages.

Johnston believed that the Navajo language was perfect for the

task because the language was unwritten and very complex. In addition, Johnston thought the syntax, tonal qualities, and dialects made it incomprehensible to anyone who was untrained.

In 1942 Johnston demonstrated that the Navajos could encode, transmit, and decode an English message of three lines in twenty seconds.

In contrast it took a machine 30 minutes to do the same function. Due to the success of these demonstrations, Maj. Gen. Clayton B. Vogel made a recommendation to recruit 200 Navajos to the Marine Corps commandant.

The first group of Navajo recruits created the Navajo code in May of 1942. A dictionary and numerous words for military verbiage were created. The mission of the code talkers was to transmit information on tactics, troop movements, orders and battlefield communications.

History shows that the Marines would not have taken Iwo Jima without the use of Navajo code talkers.

Six Navajo code talkers sent a total of 800 messages during the first two days of this battle. Not one of the 800 messages had an error.

The Japanese were never able to decode the Navajo language.

The Navajo code talkers just recently gained recognition for their accomplishment and were honored at the Pentagon on Sept. 17 1992. Before that time their coded language was classified under the U.S. National Security Agency's guidelines.

However their skill and dedication enabled the U.S. Marines to win the battle over the Japanese in the Pacific and ultimately World War II.

*Note: This article was extracted from Defense Link. Mil Navajo Code Talkers: World War II Fact Sheet; Kansas University Medical Center.*

## November is 'attitude of gratitude' month

**Commentary by Chaplain (Lt. Col.) Michael J. Cerrone III**

*Baumholder community chaplain*

For traditional Christians the month of November begins with All Saints' Day, or in old English, All Hallows Day. The church considers the evening before to be holy (hallowed) and therefore a Halloween through prayerful worship. Devout Christians celebrate God's sanctifying graces shared in the

communion of all saints. Halloween with All Saints' Day represents a call to holiness, as God exhorted his people several millennia ago through Moses, "Be holy, for I, the lord your God, am holy."

On Nov. 2, All Souls' Day, Christians remember the departed souls in purgatory, a place of purification before heaven. We prayerfully join our spirits with theirs and the glorified saints of God, in union with the atoning sacrifice of Christ. This

prayer of reparation and atonement begs God's mercy upon sinful humanity, in an appeal for the conversion of sinners and the formation of saints. Thus we center our hope on Christ, who died for our sins. Moreover, we do not fear death, because our savior Jesus Christ rose from the dead and promised us a share in his resurrection. With Saint Paul we declare, "O death, where is thy sting?" Thank God for that blessed assurance in the future glorifica-

tion of our own bodies. We can even mock death with its once frightful skeletons and ghosts, zombies and mummies, cadavers and monsters.

Judeo-Christian acts of atonement for sins have a very long tradition, at least from the time of King David and later of the Maccabees in the centuries before Christ. A devout Jew, Judas Maccabeus believed in the resurrection of the dead and collected monies from his soldiers to obtain a sacrificial holocaust offered in prayer on behalf of his fallen comrades who had superstitiously worn pagan amulets into battle. Today's Christians, in the Apostles' Creed, profess faith in the "forgiveness of sins, the resurrection of the body, and life everlasting."

November is also the month to commemorate Native American heritage, which has enriched our wider culture.

These American "Indians" were the first to populate the vast continent in the so-called New World. They were also the first to respect nature and to thank nature's creator, the Great Spirit, for the rich natural resources of the earth.

They roamed the mountains and forests, rivers and fruited plains with abundant wild life and croplands, from "sea to shining sea," in order to hunt for food, clothing and shel-

ter. Their heritage is one of respect for the environment and good stewardship of resources.

All of us modern day Americans, whatever our racial, ethnic or religious background, can appreciate the natural beauty and resources of our country.

We should also be grateful for the cultural heritage of every group of immigrants to our land and for the peoples of other lands around the world.

Like the Indians and the newly arrived Pilgrims, we need to share our resources — spiritual as well as material — with our neighbors and fellow citizens, especially the poor and the "aliens" — whether legal or illegal, terrestrial or extraterrestrial. Who knows? We might even be entertaining angels.

Thanksgiving Day is a time for all of us to give thanks to God for the many blessings of our lives, for our fellow citizens of diverse cultural heritages and for "all creatures great and small."

This month of November ends with "an attitude of gratitude," a deep appreciation for being American citizens, along with a yearning to "form a more perfect union" as "one nation under God, with liberty and justice for all."

May we always be a thankful people of God and enter into full communion with his saints.

## Education notes

### DANTES testing

The Baumholder Army Education Center has limited DANTES and Military Testing sessions available. It is suggested that persons call mil 485-6487 to schedule testing because walk-in testing is currently not available. For more information call Bill Badger at mil 485-6487.

### College degree

Ready to work on your college degree and not sure which way to go? Follow the leaders in distance education, City Colleges of Chicago-Europe. They offer 230 courses in a wide variety of concentrations, including all basic general requirements. Courses are offered on video or audio cassette, by email, over the Internet, by CD-ROM or computer-based instruction, depending on the course selected.

Field representatives located at the education center will help you enroll and guide and mentor you throughout your coursework. Courses are portable — take them with you when you deploy or are reassigned. CCC-E = 30 years of experience in education for the mili-

tary in Europe. Visit their home page at: [www.ccc-e.org](http://www.ccc-e.org).

### Montgomery GI Bill

Public Law 107-14 recently approved by Congress addresses the use of the Top-Up provision for those who use the Montgomery GI Bill. Changes presented by this law will affect the Montgomery GI Bill entitlement so soldiers should talk to an education counselor if they have used the Top-Up provision already. Call the education center at mil 485-6487 for more information.

### Users must test

People who use the computers located in the Army Learning Center or the University of Maryland's Computer Lab are required to complete the online USAREUR Computer Users Test. This test can be taken at any location that has computers connected to the Army's local area network. A copy of the users license must be shown before using the computers. Taking the test on the same day you wish to order a military correspondence course may be difficult due to the

limited number of computers on-hand, so plan ahead. For more information, call Laurie Williams at mil 485-6484.

### Learning hours

The Army Learning Center, Building 8108 is now open Monday through Thursday from 9 a.m. to 9:45 p.m. Friday hours remain 9 a.m. to 5 p.m. The center is closed daily from 1 - 2 p.m. for lunch. Visit the Learning Center for CLEP, GED, SAT, ACT, AFCT and MOS study materials. You will also find an online bookshelf with the latest Army regulations and pamphlets. Call Laurie Williams at mil 485-6484 for more information.

### University rep visit

The University of Oklahoma field representative from Ramstein Air Base visits the Baumholder Army Education Center monthly.

People wishing to discuss the University of Oklahoma's graduate degree programs are invited to meet with the university's representative. The representative may be reached daily at Ramstein mil 480-6807.



## Holiday bazaar



**A variety of baskets  
Irish sweaters  
Wine  
Antiques  
Gift items  
Children's toys  
and much more  
will be available**

**Hours are:**  
Nov. 16, 10 a.m. - 8 p.m.  
Nov. 17, 10 a.m. - 9 p.m.  
Nov. 18, 10 a.m. - 6 p.m.

**Vendors from all over Europe**  
**Baumholder Hall of Champions - Smith Barracks**

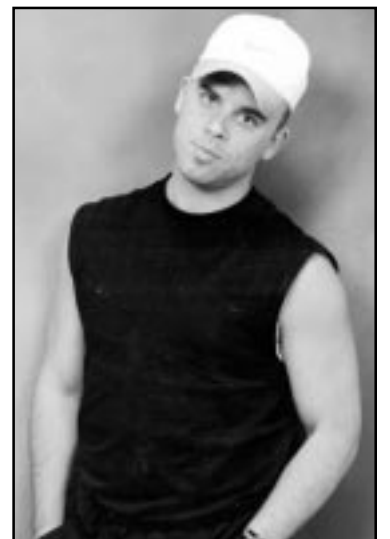
## Comedy night returns to BHR



Mark Simmons



Sugabear



"Ray"

Morale, Welfare and Recreation wants you to have a good laugh on them. Actually they're going to charge you for it but it's money well spent as they present another bumper crop of comedians Nov. 25 at the Rheinlander. The laughs begin at 8 p.m. and the cost is \$10 in advance or \$12 at the door.

Featured comedians include Sugabear, "Ray" and Mark Simmons. Their credits include performances at the Apollo, BET and in HBO specials.

## ACS calendar

Nov. 13 — Anger Management and Coping Skills, AFTB Communications Day

Nov. 14 — Building Positive Self-Esteem, How to Obtain A Credit Report, AFTB Communications Day

Nov. 15 — Love and Logic Parenting  
Nov. 17 — National Family Volunteer Day (Scout Hut beautification)

Nov. 19 — Successful Parenting, Military Family Week

Nov. 20 — Stress and Time Management Skills

## Lack of sleep can mean lack of productivity

What effect does your sleep last night have on the way you do your job today?

Chances are more of an effect than you think. Many people assume that staying up a few extra hours to read or watch television is no big deal, but experts now agree

that loss of sleep has detrimental effects on productivity, creativity and safety, and recent studies show that more Americans are suffering from sleep deprivation than from alcohol and drug abuse.

How much sleep is enough? Eight hours a night is the recom-

mended minimum, but most Americans get seven hours or less. By the end of a week this can add up to an entire night of lost sleep.

If you lose two hours of sleep in one night, you can expect a significant impact the next day, as much as a 20 percent drop in memory, a 30 percent loss in the ability to communicate effectively, a 75 percent drop in the ability to pay attention and a 50 percent decrease in judgment and decision-making skills.

Some workers are more prone to sleep loss: night workers, shift workers, workers who cross time zones and workers with long work days.

Unfortunately, as more and more

companies try to find ways to improve productivity, more night shifts, swing shifts and long shifts are being added.

If you're sleeping less than the recommended eight hours per night, try to get more. Follow these suggestions for getting the most out of the sleep you do get:

Keeping your bedroom quiet, dark and cool will aid sleep; a drop in core body temperature is a cue for your body's sleep response.

If you work nights or shifts, sleep during the day may be your only option.

Use thick curtains or shades to block out as much sunlight as possible.

Use a fan or some other "white

noise" generator to block out noises that may keep you awake or disturb your sleep.

Use your bedroom for sleeping; not for television viewing or as a home office.

Avoid taking caffeine within five hours of going to bed.

Comfort foods, such as warm milk, can help induce sleep.

Avoid alcohol at bedtime. While alcohol can make you sleepy, it can also interfere with the deep sleep that your body needs to feel fully rested.

For more information on sleeping habits and sleep deprivation visit the National Sleep Foundation's website at <http://www.sleepfoundation.org>.



## AWAG explores wide range of topics

By Ignacio "Iggy" Rubalcava

222nd Base Support Battalion  
Public Affairs Office

At an American Women's Activities Germany area conference held Oct. 26 at Baumholder's Rheinlander, some 50 women participated in seminars that covered everything from time and stress management to self defense, a most unconventional topic for AWAG meetings that was well received by the conference delegates.

Another key seminar was the stress and time management session. The discussion covered the common sources of stress as well as the physical and emotional problems associated with stress when it becomes an unmanageable problem. Examples were presented to help reduce and manage stress so that it does not become a problem.

Other seminars included information on private organizations and Family Readiness Groups, point of contact training, getting stuck with great volunteers, preventive health care measures for today's woman, German folk painting and of course, self defense.

***"Never in my wildest dreams would I have thought that one day, just three years later, I would be the chairperson of such an organization."***

The self defense session included a quick orientation by Stacy Addington on what measures women can take to defend themselves if attacked. Simple escape techniques were covered as well as how women can strike back at their assailant and escape a potentially dangerous situation.

Although this was not the massive annual AWAG conference that occurs annually, it provided the same level of training to its attendants.

"When I attended my first AWAG conference in the spring of 1998 I was truly amazed by the professional training that was offered, the networking possibilities that were there. It was so amazing. I'd never seen anything like that in my life before. All these people bonded together and everybody had one cause," said Uli Smith, AWAG chairwoman for 2001-2002.

"Never in my wildest dreams would I have thought that one day, just three years later, I would be the chairperson of such an organization," she said.

AWAG has been a road map for volunteers for half a century. It has provided them with guidance and instruction through area conferences and the annual spring conference. "Whether you share your talents and expertise with Army Family Team Building, Boy Scouts, Girl Scouts, Red Cross, youth sports, Army Community Service, schools, spouse's clubs, family readiness groups, just to name a few organizations, you're helping to bring success into your own back yard," said Smith.

When the first of what is now an annual conference was held in 1957, hundreds of delegates from Germany came together to share ideas and learn skills that they could take back home to their clubs and community.

"Today is going to be a great opportunity for each one of you to meet new people, maybe even share a success story. I hope you learn something new that inspires you, creates enthusiasm, and encourages you to keep moving forward on the road to success," said Smith.



Photo by Ignacio "Iggy" Rubalcava

Two AWAG conference participants practice an escape technique during a self defense seminar offered to all participants. The techniques demonstrated were geared toward self defense for women.



# Family fun

**Story and photos by Karl Weisel**

Most people think of Mad King Ludwig's fairy-tale palaces in Bavaria or those picturesque hillside haunts along the Rhein River when considering German castles. But the fact is, there are a wealth of opportunities to go exploring much closer to home.

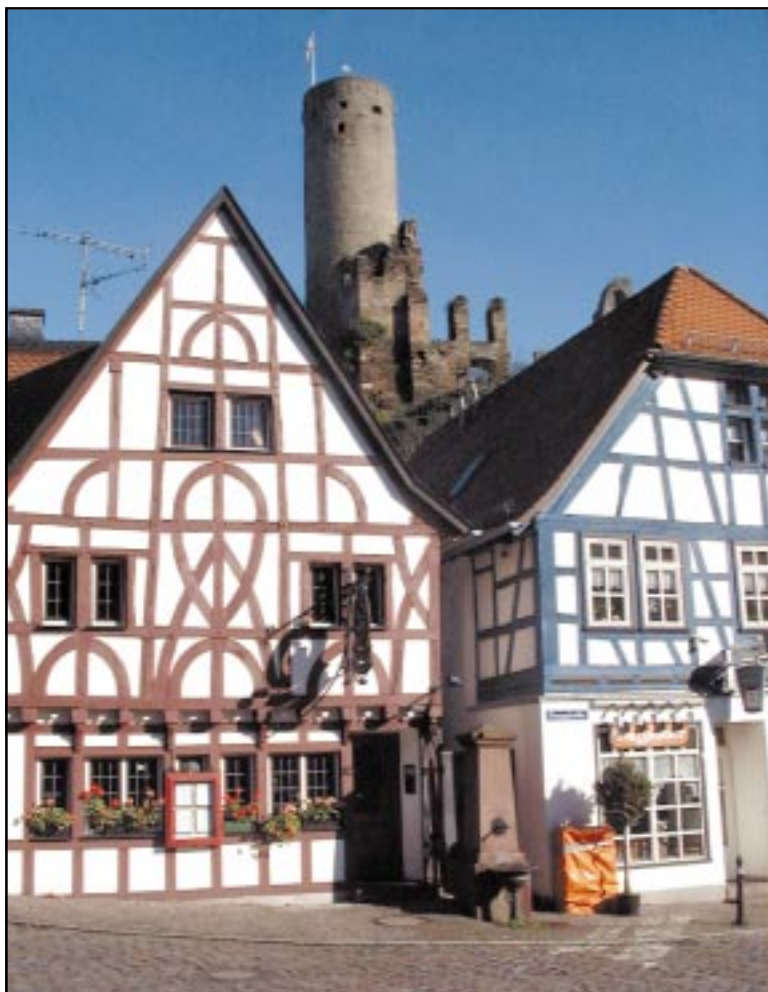
Americans who live in the Wiesbaden or Frankfurt areas can simply head into the foothills of the Taunus Mountains to discover a string of historical castle ruins and other attractions. Wiesbaden residents can turn right onto Bundestrasse 455 when leaving the Hainerberg Shopping Center to head out for adventure. The road, which eventually joins up with Highway 456 above Bad Homburg, takes one through the Eppstein Valley, past the Falkenstein and Königstein Castles and the Opel Zoo before finally climbing the hills above Bad Homburg leading to the Roman fortress known as the Saalburg. While you probably won't have enough

Heading west from Wiesbaden one of the first towns you may want to explore along the route is Eppstein. The town is dominated by a castle of the same name which rises above the town's center. Half-timbered houses flank the castle which dates back to the 11th century.

According to local legend the castle is named in honor of Eppo, a medieval knight who saved a damsel in distress from a fearsome giant. After subduing the giant, Eppo married the young woman known as Berta from Bremthal, built the castle and had one of the giant's ribs built into the wall over the entrance gate.

The castle is open from 11 a.m. to 3 p.m. from November through March and features a small museum recounting the castle's fate over the centuries. Entrance is DM 3 for adults and DM 1 for children.

Various hiking trails lead from the Eppstein S-Bahn station up into



A group of pink flamingos are standing in shallow, dark water. Their long necks are extended, and their bodies are reflected in the water. One flamingo in the center has prominent red streaks on its wings. A small brown duck is visible in the background, partially obscured by the flamingos. The water is dark, and the background shows some green foliage.

the nearby hills and forest. From the town center you can hike up to the castle, climbing the tower for a bird's eye view of the surrounding valley. A small temple high on one of the facing hills offers a challenging hiking goal and a restaurant pit stop. Several eateries are also located down from the castle in the town center including the Roma Restaurant offering a wide variety of traditional Italian fare.

Continuing on Highway 455 takes one back up into the hills and eventually to the town of Königstein. Built in the 12th century by the lords of Münzenberg, Königstein Castle is much larger than Eppstein's. Like many German castles, Königstein's was decimated by departing French troops in the 18th century. But unlike other castle sacks, in this case many of the French soldiers who placed the charges were killed when they found themselves unable to get away before the explosions erupted all along the castle ramparts.

Be sure to bring a flashlight along as the castle features large underground halls which can be explored. The castle tower offers a lofty view of the surrounding countryside.

stein's is only open from 11 a.m. to 3 p.m. during the colder months of the year.

Heading west again along Highway 455 takes one to the Opel Zoo and Falkenstein Castle. Youngsters will especially appreciate the child-friendly zoo. While not a huge animal park, the Opel Zoo features its share of exotic animals from elephants to giraffes, a large play area and a petting zoo.

A former wild animal sanctuary featuring deer and other native creatures, all of the animals were killed in 1945 by hungry soldiers. In 1946 a new animal park was organized featuring a cow, a pig and a pigeon. It has grown since then to include over 1,000 animals from some 200 species and five different continents.

The Opel Zoo is open from 9 a.m. to 5 p.m. during the winter months and from 8:30 a.m. to 6:30 p.m. in summer. Admission is DM 12 for adults and DM 8 for children. Be sure to buy or bring a couple of bags of carrots to feed the various inhabitants. But try to avoid letting the donkeys, goats, sheep and other domestic animals know that you have food when entering the petting zoo if you want to avoid being

stamped.

On the hill overlooking the Opel Zoo one can see what remains of Falkenstein Castle. While not much to look at these days, the structure was founded in the 11th century and was inhabited from the 13th to the 18th centuries. The view from the castle is worth the climb. One can look down over a sea of autumnal colors to the castle in Kronberg and the skyline of Frankfurt in the distance.

Marked hiking trails also lead from Falkenstein up into the mountains toward the Feldberg and several restaurants deep in the forest at a point known as the Fuchstanz (where the foxes dance).

If you haven't seen enough by that time you may want to continue on B-455 to the towns of Oberursel and Bad Homburg. Bad Homburg is worth a visit in itself with its wealth of spas, castle and casino. Or you may want to head up B-456 to the Saalburg, a reconstructed Roman fortress which once served as home for hundreds of Roman legionnaires who helped guard the Limes — the lengthy northern border of the Roman Empire which snaked through the German countryside.

Although having served as a quarry for the local villagers over



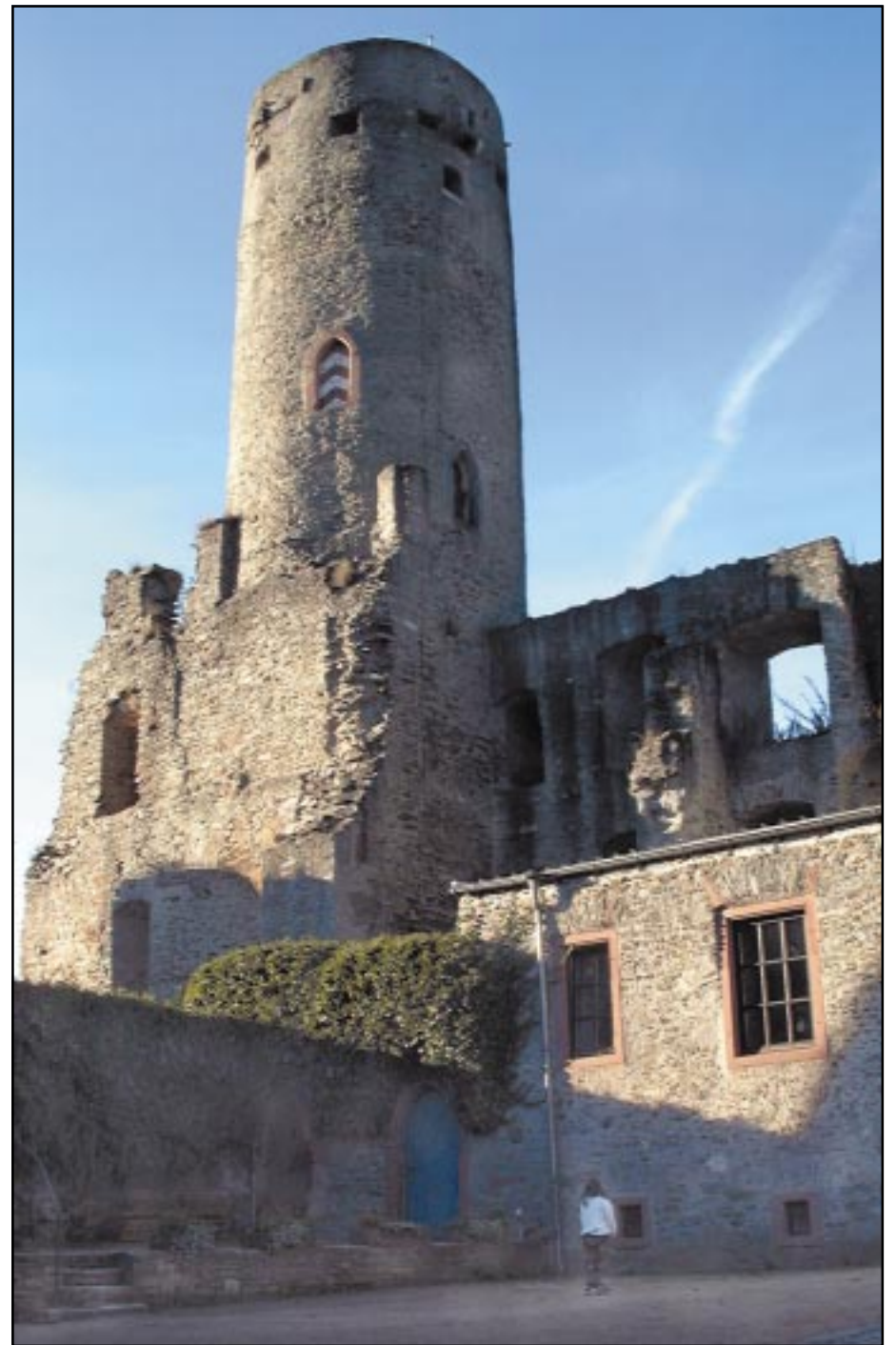
the years, the reconstructed One can still see the temple and the fort. A drawbridge of Emperor can enter to museum of Hons, pottery

The fort to 4 p.m. from February. It other month





Members of the family. Above: flamingos and other water fowl are among the park's denizens.



Legend has it that Eppstein Castle was built by a brave knight who slew a giant.



A family gets up close and personal with an elephant at the Opel Zoo. Bags of carrots are for sale at the entrance to the animal sanctuary.

the years, the Roman fortress was reconstructed about a century ago. One can still make out the baths, temple and cemetery surrounding the fort. After passing over the drawbridge under the watchful gaze of Emperor Antoninus Pius visitors can enter to explore the extensive museum of Roman artifacts (weapons, pottery, coins) and barracks. The fortress is open from 9 a.m. to 4 p.m. from November through February. It is open until 6 p.m. the other months of the year.

The Saalburg is also a good starting point for a mountain bike ride further up into the Taunus. Trails lead from the Saalburg parking lot up to a guesthouse and tower on the Herzberg, a restaurant at Sandplacken and the highest point in the Taunus — the Feldberg. Hiking and biking trails also lead to Hessenpark, an open air museum near Neu-Anspach which is a showcase of traditional houses, handicrafts and other native culture from years gone by in Hessen.



Youngsters examine Roman artifacts at the Saalburg museum.



A couple of monkeys cut up for viewers at the Opel Zoo. The zoo was recently refurbished to provide more natural settings for many of the inhabitants. Left: a visitor takes a look at the surrounding countryside from the vantage point of the castle overlooking Königstein.